

1. William (Bill) Simon, Jr. believes that physical education (PE) should be considered a core subject, just as important as math, English, science, and history. He argues that PE is essential for students' physical and emotional health, enhances learning capabilities, and builds character traits necessary for adulthood. He highlights the fact that PE is severely underfunded in schools, with a median annual budget of only \$764, which he sees as a major issue.
2. Simon's views are supported by both research and personal experience. Studies show that regular physical activity improves academic performance, particularly in reading and math. The Institute of Medicine has linked exercise to enhanced executive function, which is crucial for learning. Additionally, Simon shares his personal experience with his son, Willie, who has autism. Through regular exercise, Willie saw significant improvements in his health, behavior, and overall well-being, demonstrating the powerful impact of PE.
3. I agree with Simon. Physical education plays a crucial role in students' overall development. Beyond physical health, it enhances cognitive function, reduces symptoms of depression and anxiety, and instills values like perseverance and resilience. In a world where sedentary lifestyles and excessive screen time are increasing, prioritizing PE in schools is more important than ever to help students develop lifelong health habits.
4. Physical education should be prioritized and adequately funded. The current lack of emphasis on PE fails to recognize its significant benefits. By elevating PE to a core subject, schools can ensure that students not only perform better academically but also develop the physical and emotional resilience needed to succeed in life. Investing in quality PE programs is an investment in the future well-being of students.
5. Willie, who weighed over 220 pounds, began his journey to a healthier lifestyle with 20-minute treadmill sessions. Over time, he increased his exercise routine to two hours per day, leading to major improvements in his physical health and behavior. He now participates in local races and has experienced a significant transformation in his overall well-being, showcasing the powerful benefits of consistent physical activity.